

Twist Pilates and Fitness - Washington

washington

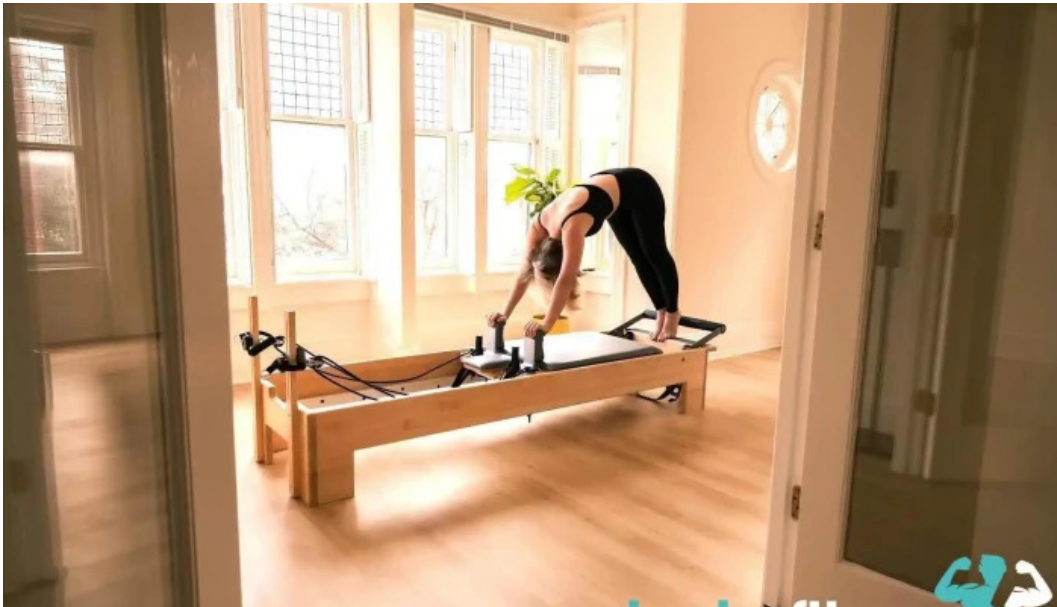
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washington

Twist Pilates and Fitness - Washington

Twist Pilates and Fitness: A Unique Pilates Experience in Washington, D.C.

Twist Pilates and Fitness is a gem nestled in the heart of Washington, District of Columbia. This studio has gained a reputation for its welcoming atmosphere and diverse offerings, making it a top choice for Pilates enthusiasts.

Accessibility and Amenities

One of the standout features of Twist Pilates and Fitness is its commitment to

accessibility. The studio boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that all individuals can enjoy their Pilates experience. Additionally, the **assistive hearing loop** makes classes inclusive for those with hearing impairments. The facility includes well-maintained **toilets**, catering to all guests' needs.

LGBTQ+ Friendly Environment

Twist Pilates and Fitness prides itself on being an **LGBTQ+ friendly** space. They go a step further by providing a **transgender safe space**, allowing everyone to feel comfortable and accepted. This dedication to inclusivity creates a warm environment that nurtures community and support among attendees.

Personalized Approach to Training

At Twist Pilates, each instructor brings a wealth of knowledge and personal attention to their classes. Clients frequently highlight the positive experiences they have had with instructors like Ryan and Mariana, who tailor workouts based on individual needs. Whether you're recovering from an injury or looking to improve your overall fitness, the trainers at Twist are equipped to help you achieve your goals.

Service Options and Class Structure

With a variety of **online classes** available, Twist Pilates ensures everyone has the opportunity to participate, whether in the studio or from the comfort of their home. While **appointments are required** for on-site services, it's recommended to book in advance due to the popularity of classes. Each session is designed to be challenging yet manageable, accommodating both beginners and seasoned practitioners.

Community and Atmosphere

The community at Twist Pilates and Fitness is described as friendly and supportive. Attendees often remark on the kindness of fellow participants and staff alike. This positive energy contributes to a crowd that fosters encouragement, making each visit a rewarding experience.

Planning Your Visit

When planning your visit to Twist, make sure to check their schedule for class times and availability. They recommend making **appointments** to ensure you get the most out of your Pilates experience. You won't only receive expert instruction but also be part of a community that values fitness, health, and well-being.

Conclusion

Twist Pilates and Fitness stands out not only for its exceptional instructors and diverse offerings but also for its commitment to inclusivity and accessibility. If

you're in the Washington, D.C. area and looking for a Pilates studio that meets your needs while providing a welcoming atmosphere, look no further than Twist. Get ready to twist, turn, and uplift your fitness journey!

You can reach us at

1606 20th St NW Second Floor, 20009 Washington, District of Columbia - United States (US)

The contact line of the mentioned **Pilates studio** is +1202-505-5229

And if you want to send a WhatsApp, you can do so at +1202-505-5229

Our business hours are:

Day	Hours
Monday	7?AM–8?PM
Tuesday	7?AM–8?PM
Wednesday	7?AM–8?PM
Thursday	7?AM–2?PM
Friday	9?AM–3?PM
Saturday	12:30–3:30?PM
Sunday	7?AM–8?PM

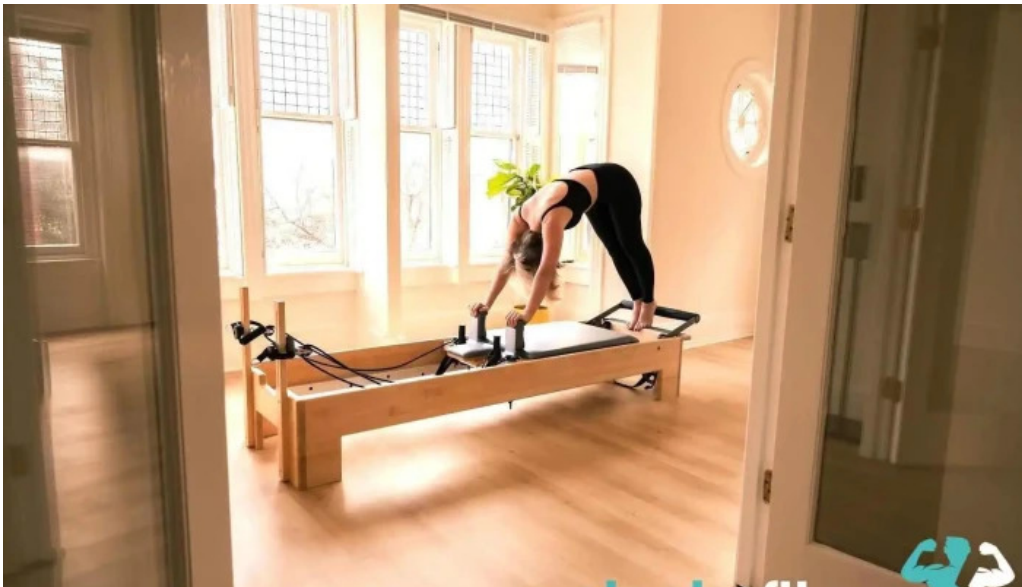
The website is Twist Pilates and Fitness

In case you want to alter any detail that you feel is not accurate about this page, we kindly request forward a message so we can we will handle it at the earliest convenience. In advance thank you very much.

Images



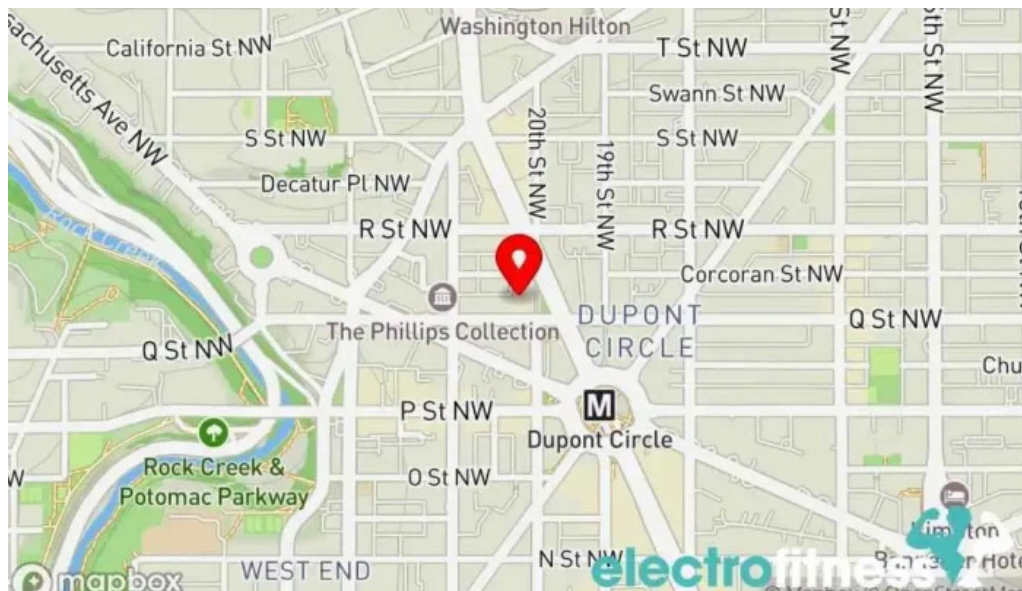
Twist pilates and fitness yoga



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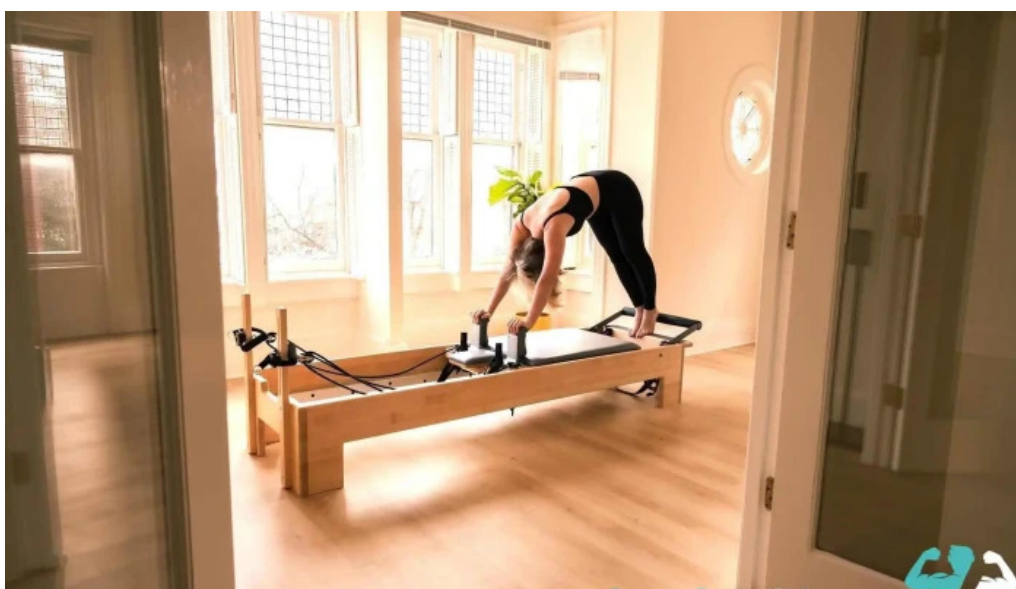
Twist pilates and fitness street view 360deg



Twist pilates and fitness map



Twist pilates and fitness by owner



Twist pilates and fitness all

Tags

Assistive hearing loop, Planning, Toilet, Appointments recommended, Online classes, LGBTQ+ friendly, Crowd, Wheelchair-accessible entrance, Accessibility, Wheelchair-accessible car park, Amenities, On-site services, Service options, Transgender safe space, Appointment required

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